

HQ
1090
.V344x
1919

**AUX
STOR
1**

HAROLD B. LEE LIBRARY
BRIGHAM YOUNG UNIVERSITY
PROVO, UTAH

569.43
A1
20

The Father and Son Idea

A handbook of helpful suggestions
to fathers and workers with boys
together with program for
Father and Son events

Compiled by
J. A. VAN DIS

Issued by
STATE COMMITTEE
COLORADO YOUNG MEN'S CHRISTIAN ASSOCIATIONS
222 Y. M. C. A. BUILDING
DENVER, COLORADO

LIBRARY

Brigham Young University

Gift of

TS

VERNON L. STRONG

In Memory of

OSCAR A. KIRKHAM

	Page
.....	3
.....	4
.....	5
.....	5
Dinner, or "Get-Together Night".....	6-7
Fun for All at the Dining Table.....	8-9
Special Songs.....	10-11
The Parable of a Prodigal Father.....	12
Lost! A Boy!.....	13
A Boy's Room.....	13
Father and Son Sunday.....	14-15
A Fathers' Conference.....	16
A Few Selected Books for Fathers.....	17
A Boy's Prayer.....	17
A Few Selected Books for Boys.....	18
Conservation.....	19
His Heart's Desire (The Father).....	20
His Heart's Desire (The Son).....	21
Helping Your Boy Keep Fit.....	22

COPYRIGHT, 1919 BY

THE INTERNATIONAL COMMITTEE OF YOUNG MEN'S CHRISTIAN ASSOCIATIONS

BRIGHAM YOUNG UNIVERSITY
LIBRARY
PROVO, UTAH

INTRODUCTION

E. Mitchell Hodges tells the story in the "North American" in which he said that he was traveling on a railroad train and he came in contact with one of the most prosperous business men of the town. This business man in the course of conversation said, "Would you like to know what I'm going to give my boy for Christmas?" Hodges said, "Yes," and he thought what a fat check that father could give to that boy, and as the gentleman pulled out his wallet he took from it a piece of paper and handed it to Hodges. This is what Hodges read:

"To my dear son: I give to you one hour of each weekday and two hours of my Sunday to be yours, to be used as you want it without interference of any kind whatsoever."

Hodges thought, "I wonder what that boy would feel and think when on Christmas morning he looks at that slip of paper. If he is the average boy, he will be very much dissatisfied. If he is an unusual boy, he will realize that his father has given him something that he can never repay."

"How did you happen to reach the decision to give that present?" Hodges asked.

He said: "One day I was seated in my office and a human derelict came in to see me, and when he mentioned his name I said, 'Lad, to see you like this—and you with such a father!'

" 'Well, I have often heard said that he was a fine man,' the boy answered. 'All his friends have said so. I never knew him. He was so much occupied with his business and with his associations that I only saw him occasionally at meals. I never knew him.'

"That made me think, and so I am going to concentrate my time on having my boy know me."

This story needs no explanation.

The costliest thing in the world is to be a real father to one's boy. It costs money, energy, time, patience, convenience and comfort. But it is all infinitesimal in cost as compared to that greater price one pays when he realizes too late that he has failed to make a real investment in his son's life.

The suggestions in this booklet are from the best experience that has been gathered during the past years, in which the father and son idea has been promoted throughout all parts of the world.

These suggestions can be used at any season of the year, but particularly during the designated annual Father and Son Week.

This booklet is prepared with the hope that it may be helpful in bringing fathers and sons into closer relationship one with the other and in closer relationship to God.

PURPOSE, ORGANIZATION, PROMOTION

1. PURPOSE.

(a) To get fathers to renew their interest in their paternal obligations.

(b) To lead sons to deeper respect and appreciation for their fathers and homes.

(c) To lead both fathers and sons to regard the church and Sunday school as necessary to the finest development of their spiritual lives, and to secure their co-operation in the work and support of the church.

2. ORGANIZATION.

Executive Committee.

An executive committee should be formed to work out the plans in the church, each member of this committee acting as chairman of one of the following committees.

Committee on Program.

This committee should include both fathers and sons, and should have charge of arranging the local church program, including toastmaster, speakers, etc.

Committee on Dinner.

This committee should arrange for a dinner, to be served by the mothers or some women's organization in the church.

Invitation Committee.

This committee should be made up of boys and men. Special admission tickets should be given out to the boys, these tickets good only if the boy is accompanied by father or some adult.

Publicity Committee.

This committee should keep the matter before the people of the church. Posters, cartoons, church papers and church calendars will serve as a medium.

3. PROMOTION.

(a) If Father and Son Week is observed, early steps should be taken to secure from the mayor of the city a proclamation or message to be released at least a week before the designated dates of Father and Son Week.

(b) Through personal invitation or the mail, every boy of the 'teen age and father in the church should receive an invitation to the Father and Son event. A card index should be made of all boys, and the lists carefully gone over in order that no name shall be omitted.

FATHER AND SON WEEK

The following is a suggestive outline on how Father and Son Week may be observed:

MONDAY—Final preparation day. Meeting of your committee for final preparations for the week.

TUESDAY—Home day. Plan to have the father spend the evening at home.

WEDNESDAY—Fathers' day. A day for fathers' conferences and discussions on the boy.

THURSDAY—"Tell your boy" day. This gives a splendid opportunity for fathers to tell their boys things that they ought to know regarding their social and mental life.

FRIDAY—Annual banquet day. A good day to have Father and Son dinner.

SATURDAY—Recreation day. A day set aside when father can go off with his boy, either as individuals or in a group, for a picnic.

SUNDAY—Go to church day. The pastor can arrange special Father and Son service.

A MAYOR'S PROCLAMATION

"To the people of ———:

"Because it has an important bearing on civic welfare in ———, as well as on individual welfare in countless cases, I feel it my duty to call attention to the well-conceived plan for a 'Father and Son Week.'

"The purpose is admirable. Anything that tends to bring father and son closer together in friendly spirit can not but be beneficial to themselves and to the community.

"I believe that fathers can do more than any others to stem the great and alarming tide of 'dropping out' of school, which carried many boys out into the world unfit for progress and prosperity or public service.

"Many boys grow to manhood virtually ignorant of even the simplest processes of government. These every father can explain to his son. The son, in every case, should become better than his father, for that marks progress.

"The 'Week' that is coming will suggest many ways in which fathers may gain more completely the confidence of their sons, with all that means of effective guidance and unresented control.

"I, therefore, call upon the fathers of this city and request their co-operation in this important movement by attending with their sons at least one of the meetings to be held during the 'Father and Son Week.' I hope the men who have no sons will befriend the boys who have no fathers."

DINNER OR "GET-TOGETHER NIGHT"

Try to have dinner or "get-together night" on a night which will not conflict with any other event. Presumably Friday night is the best for a dinner.

The price of the dinner should be moderate. Single tickets should be sold admitting both father and son. It is a good plan to leave on the back of the ticket place for both father's and son's names, addresses, and boys' ages. This record is useful, particularly in the conservation end.

The question of the age of boys to be admitted should be decided by the committee. Experience teaches that it is not wise to go any younger than 10 or 12 years, but fathers, and sons of all ages above 12, should be eligible.

Often several small churches can join in having a dinner as there is an advantage in having the attendance large enough to make for genuine enthusiasm.

Sale of Tickets. It is advantageous to have a fixed time when the sale of tickets will be withdrawn. This materially helps those in charge of the dinner.

Fatherless Boys. Be sure to see that the boys who have no fathers are supplied with temporary fathers on this occasion.

Program—

1. Secure toastmaster, either boy or man, who is alert and snappy, and does not consume a large amount of time in introducing the speakers.

2. Make programs brief and full of life.

3. Have plenty of good music, an orchestra, male quartette.

4. Secure a good song leader and piano player, and have the fathers and sons sing old and familiar songs. A "good sing" puts "pep" into the gathering. Have several of the latest good songs.

Make the dinner a purely local affair. Don't forget to use the boys themselves to speak. Have informal talks by several fathers and sons, and then one "straight from the shoulder" address on the relationship of the father and the son. The effect of this dinner should be to draw the fathers and sons close together, to break down the usual reserve and formalism and really be "chums."

The father having the largest number of sons present at the dinner should have special mention and be given the place of honor.

Introduce special stunts such as class or scout demonstrations or playlets.

Dad's Double Victory or Ask Dad, He Knows are favorites at father and son banquets.

Suggested Topics for Toasts—

- "Our Dads"—by a boy.
- "Our Sons"—by a father.
- "Our Church"—by a boy.
- "Team Work for Father and Son"—special speaker.
- "Our Boys—It's Great to Be Their Fathers"—by a father.
- "Our Dads—It's Great to Be Their Sons"—by a boy.
- "Our Training—It's Great to Be Prepared"—by a boy.
- "Our Homes—It's Great to Work Together"—by a special speaker.
- "Father Through a Boy's Specks"—by a boy.
- "Son Through Father's Specks"—by a father.
- "Father and Son in the Church."
- "Chums"—by a special speaker.
- "Dad and I"—by a boy.
- "Son and I"—by a father.
- "What Does a Son Expect from His Father?"—by a boy.
- "What Does a Father Expect from His Son?"—by a father.
- "Who Shall Be the Father to My Son?"—by a special speaker.

Appropriate poems, songs, or sayings, menu cards and programs can be used, such as are suggested in this booklet.

One organization worked out a unique feature in menu cards. The card was printed in the form of a time-table, as follows:

F. P. R. R. (FIRST PRESBYTERIAN RAILROAD)
DADTOWN TO BOYVILLE

(Illustration of Train)

THROUGH AND LOCAL SCHEDULES
TO

HIKESVILLE
BASEBALL CORNERS
CHURCH PEW
HAPPY-HOME CITY
TALK-IT-OVER-TOWN

CHUMBURG

BOYVILLE

"AMERICA'S GREATEST RAILWAY"

The speakers were scheduled as trains, each having his time of leaving and arriving. Instead of a toastmaster, the idea was to have a train despatcher, and the names of the trains depended on the person speaking or his subject, the speaker being the engineer. The chairman of the committee in charge might be called the general passenger agent, and the other members of the committee, assistant general passenger agents and traveling passenger agents. By consulting a railroad man many innovations may be worked into such a program.

FUN FOR ALL AT THE DINING TABLE

A few suggestions of games that can be played at the dinner. Instead of competition between the persons sitting opposite each other, competition can be had between tables, if there are several tables in the dining hall. These games are particularly helpful in case the service is unavoidably detained. Boys are anxious for something to do while waiting.

1. "OYSTERETTE RACE."

Those sitting on one side of the table constitute team "A." Those opposite them, team "B." The two captains should be sitting opposite each other. At one end of the table place a dish containing ten to twenty oysterette crackers in front of the men on the opposite end of each line from the captain, and an empty dish in front of each other man. The opponents having the dish of crackers in front of them are given a spoon, and at the signal to "go" they pass the crackers by means of the spoon from their dish to that of the next on their team. When the last cracker has been transferred, the spoon is handed to the next man on the team, who repeat the performance of the first. (Dishes can not be moved from their original position.) The team first succeeding in getting the crackers to the dish of the captain wins.

2. "PASSING THE DRINK."

Teams arranged as in No. 1. A glass full of water is given to the man at one end of the table. The glass should be filled to the brim. With the signal to "go" it is passed to the far end of the table and immediately returned. The glass which returns first to the one who started the passing determines the winner, provided that the glass has as much or more water in it at the finish than the opponents' glass. If the winning team has less water in it, the result is a tie game.

3. "RAT-A-TAT-TAT."

Teams arranged as in previous games. A plate or glass must be placed in front of each contestant. Two spoons are handed to contestants at the head of each line. At the signal to "go" the opponents beat on the plate rat-tat-rat-tat-tat, as a drum beats. He then passes the spoons to the next one in line, who rat-tat-rat-tat-tats and passes it on to the next. Rat-tat-rat-tat-tat is passed on to the far end of the line and back. When the one who started the race has beaten his last rat-tat-rat-tat-tat, he stands up holding both spoons above his head.

4. "EARTH, AIR, FIRE AND WATER."

Teams are arranged as in previous games. A member of team "A" is given an object, which can be conveniently passed or tossed across the table. The game starts by his passing the object to any member of the opposing team. In passing the object, he says one of the four words: "Earth, air, fire or water." If the word "earth" is used, he must name some animal; if the word "air" is used, he must name some bird; if the word "water" is used, he must name some fish, and keep quiet if the word "fire" is used. If the word used requires an answer, the one to whom the object is passed must give the name before the one who has passed the object can count ten. Failing to do this, one point is scored by team "A." The one on team "B" to whom the object was passed, passes same back to any member of team "A" and says any one of the four words.

Note.—If the word "air" is used, the opponent must name some bird, such as robin, thrush, etc. If "water" is used, shad, salmon, etc. If "earth" is used, lion, cow, etc.

5. "AROUND THE CHAIR."

The teams are arranged as in previous games. The opponents at the head of the line are handed an orange. At the signal to "go" they must stand up, push their chair back from the table and run around the chair twice, return to the table, sit down and pass the orange to the next one in line, who repeats the performance of the first. The race ends when the last one in the line has circled the chair twice, sat down and held the orange above his head.

6. "JENKINS UP."

Divide the company into two sides. One division sits around the table on one side, the other on the opposite side. The members of the division "A" put their hands under the table and a small coin, dime or quarter, is passed from one to the other. When division "B" thinks they have had enough time, the players call out, "Jenkins up!" and the players of "A" hold up their closed hands; and when "Jenkins down!" is called, they must place their hands, palm down, on the table. The players of "B" must guess under which palm the coin is. Each player has one guess, those on the opposite side raising their hands when requested to do so. If "B" guesses correctly, the coin is passed over to them and "A" must guess who has it; but if not, "A" keeps the coin and "B" has another trial for guessing. Tally may be kept, one point being counted for every correct guess, and a certain number, as 50, may be the limit. The side gaining 50 points is victorious.

DADS AND LADS

Air: "Marching Through Georgia"

(An effort by one of the DADS)

Arouse ye then you serious Dads!
You Lads of livelier mien,
No more we'll travel different ways,
As in the past its been:
But future days will see us,
As we paddle down life's stream,
Joined hand and heart in the conflict.

CHORUS

Hur-rah! Hur-rah! then let us fall in line,
Hur-rah! Hur-rah! our hearts warm as we dine,
So we pledge each other for the present
And all time,
To join heart and hand in the conflict.

DADS

We Bethlehem Dads, one hundred strong,
Who 'round this table sit:
For highness, shortness, thickness, leanness,
Surely make a hit:
But in our aim alike we are,
We vary not a whit,
Joined heart and hand in the conflict.—Cho.

LADS

With equal number we lads aboard,
The same life's train are here,
Our Dads they hold the coach ahead,
We Lads those towards the rear;
But for the same great depot bound,
We'll reach there, have no fear,
With God as our leader in the conflict.—Cho.

—*From Bethlehem Presbyterian Brotherhood.*

US BOYS

Air: "Tramp, Tramp, Tramp, the Boys Are Marching"

We are gathered here tonight,
With a strong and pure delight,
As we lift our song of gladness and of cheer;
For, as Dads and Lads we're come,
And we'll make the welkin hum,
As we shout our song fraternal, bright and clear.

CHORUS

Shout, shout, shout our joyous welcome,
Here's a greeting with each call;
We are joined in heart and hand,
And a strong united band,
In a fellowship that gladdens one and all.

Here, as Dads and Lads we dine,
As in hearts we do combine
All the lessons which the past brings to this hour;
Both are teachers, both are taught,
And no one has lived for naught,
Each for each is filled with purpose and with power.

—*From Vine Congregational Church.*

HYMN TO FATHER

Tune: "Jesus Calls Us O'er the Tumult."—(Jude)

We have thanked Thee for our mothers,
And we thank Thee still again;
Now for fathers and for brothers—
Lord, we thank Thee for good men.

For our fathers who begot us
And who paths of patience trod,
And whose righteous manhood taught us
Of the fatherhood of God.

Bless our brothers and our neighbors
In their tasks of hand and brain;
Strengthen all men for their labors,
Help them bear the load and strain.

Save the manhood of our nation,
Guide us with Thy staff and rod;
Make each coming generation
Know the fatherhood of God.

For our sisters and our mothers
Oft we've prayed and prayed again;
Now for fathers and for brothers,
Father, hear our prayer for men.

—*William E. Barton.*

THE PARABLE OF A PRODIGAL FATHER

A certain man had two sons, and the younger of them said to his father: "Father, give me the portion of thy time, and thy attention, and thy companionship, and thy counsel which falleth to me." And he divided unto them his living in that he paid the boy's bills, and sent him to select preparatory school, and to dancing school, and to college, and tried to believe that he was doing his full duty by the boys.

And not many days after the father gathered all his interests and aspirations and ambitions and took his journey into a far country, into a land of stocks and bonds and securities and other things which do not interest a boy; and there he wasted his precious opportunity of being a chum to his own son. And when he had spent the very best of his life and had gained money, but had failed to find satisfaction, there arose a mighty famine in his heart; and he began to be in want of sympathy and real companionship. And he went and joined himself to one of the clubs of that country; and they elected him chairman of the house committee and president of the club and sent him to Congress. And he would fain have satisfied himself with the husks that other men did eat, and no man gave unto him any real friendship.

But when he came to himself, he said: "How many men of my acquaintance have boys whom they understand and who understand them, who talk about their boys and associate with their boys and seem perfectly happy in the comradeship of their sons, and I perish here with heart hunger? I will arise and go to my son, and will say unto him, Son, I have sinned against Heaven and in thy sight; I am no more worthy to be called thy father; make me as one of thy acquaintances." And he arose and came to his son. But, while he was yet afar off, his son saw him and was moved with astonishment, and instead of running and falling on his neck, he drew back and was ill at ease. And the father said unto him: "Son, I have sinned against Heaven and in thy sight; I am no more worthy to be called thy father. Forgive me now and let me be your friend." But the son said: "Not so, I wish it were possible, but it is too late. There was a time when I wanted companionship and counsel and to know things, but you were too busy. I got companionship and I got the information, but I got the wrong kind, and now, alas, I am wrecked in soul and body, there is no more heart left in me, and there is nothing you can do for me. It is too late, too late, too late!"

LOST! A BOY!

Not kidnapped by bandits and hidden in a cave to weep and starve and rouse a nation to frenzied searching! Were that the case, one hundred thousand men would rise to the rescue if need be. Unfortunately the losing of the lad is without any dramatic excitement, though very sad and very real. The fact is his father lost him! Being too busy to sit with him at the fireside and answer trivial questions during the years when fathers are the great and only heroes of boys, he let go his hold on him!

Yes, his mother lost him! Being much engrossed in her teas, dinners and club programs, she let the maid hear the boy say his prayers, and thus her grip slipped and the boy was lost to the home. Aye! his church lost him! Being so much occupied with sermons for the wise and elderly who pay the bills, and having good care for dignity, the ministers and elders were unmindful of the human feelings of the boy in the pew, and made no provision in sermon or song or manly sport for his boyishness, and so the church and many sad-hearted parents are now looking earnestly for the lost boy!

He must be found! He can be found! Found just where those two careless but pious parents en route from worship in Jerusalem found their lost boy; in that particular spot in the church where interested men were willing to meet Him and answer in simple fashion the direct questions of His awakening manhood concerning the realities of life and duty. Here is where the lost boy will be found by men who are willing to look for him.

—*Men at Work.*

A BOY'S ROOM

A place where sweet, pure thoughts shall wake to being;
Where noble deeds and true be planned and wrought;
Where strength of will shall grow, and breadth of purpose,
And peace and comfort e'er be found when sought.

Where e'er the youth, awearied in life's struggle,
May meet his God, and rest and courage find;
Where right is never shamed, and weakness ever
Is banished from the body, soul and mind;

Where friends live on for aye in fond remembrance;
Kind deeds are counted, slights and wrongs forgot;
And ever life grows surely onward, upward:
Be this, dear room, be this thy happy lot.

—*S. A. Abbey.*

FATHER AND SON SUNDAY

1. Emphasize at the dinner or "get-together" the special service on Sunday. Have the fathers and sons sign cards agreeing to attend the Sunday service.

2. Have a special sermon for fathers and sons.

3. Have the fathers and sons seated together.

4. Use boy ushers.

5. Seat fathers and sons in reserved section.

6. Take a special collection for orphan boys.

7. Suggested topics for sermon—

"What Our Community Owes Its Boys, and What Our Boys Owe the Community."

"Living for the Boy."

"Father and Son Partners."

"What Kind of a Dad."

"Father and Son Pulling Together."

"Father—a Boy's Ideal."

"A Boy's Best Friend."

"The Greatest Profession—That of Being a Father."

"The Ideal Father."

"The Ideal Son."

A Suggested Order of Service

THE ORGAN PRELUDE.

THE OPENING SENTENCES:

Minister—Honor thy father and mother; that thy days may be long upon the land which the Lord thy God giveth thee. (Ex. 20 : 12.)

All—Ye shall fear every man his mother, and his father, and keep my Sabbaths, I am the Lord your God. (Lev. 19 : 3.)

THE INVOCATION.

THE HYMN.

THE SCRIPTURE LESSON:

Lo, children are a heritage of the Lord. As arrows are in the hand of a mighty man; so are children of the youth.

Happy is the man that hath his quiver full of them; they shall not be ashamed. (Psalm 137 : 3-5.)

Children's children are the crown of old men; and the glory of children are their fathers. (Prov. 17 : 6.)

Train up a child in the way he should go and when he is old he will not depart from it. (Prov. 22 : 6.)

Therefore shall ye lay up these words in your heart and in your soul, and bind them for a sign upon your hand, that they may be as frontlets between your eyes.

And ye shall teach them your children, speaking of them when thou sittets in thine house, and when thou walkest by the way, when thou liest down, and when thou risest up.

And thou shalt write them upon the door posts of thine house, and upon thy gates;

That your days may be multiplied, and the days of your children, in the land which the Lord sware unto your fathers to give them, as the days of heaven upon the earth. (Deut. 11 : 18-21.)

THE PASTORAL PRAYER.

THE OFFERTORY.

SPECIAL HYMN WRITTEN FOR FATHER AND SON SERVICE—Tune: "Ancient of Days."

Fathers and sons, in faith together standing,
Pledge new allegiance to the Lord of Lords.
Loyal to Christ, rejoice in His commanding;
Show that your living faith is more than words.

Fathers and sons, in prayer together kneeling,
Open your hearts; make your petitions known;
Voice, join to voice, your inmost needs revealing;
Doubt not new strength is granted from the Throne.

Fathers and sons, put on the Christian armor,
Gird on the Spirit's sword and face the foe;
Never faint-hearted, scorn each weak alarmer;
Shoulder to shoulder into battle go.

Fathers and sons, the Church of Christ is waiting,
Waiting for valiant, fearless men, and true.
Lovers of right, all foul injustice hating;
Clear comes the ringing call of Christ to you.

Father of men, make keen our ears to hear Thee,
Make swift our feet to answer to Thy call;
Win Thou our hearts 'till we no longer fear Thee,
But follow gladly, sons and fathers all.

—Oscar Edward Maurer.

THE SERMON.

CLOSING HYMN.

THE BENEDICTION.

THE POSTLUDE.

A FATHERS' CONFERENCE

**This Can Be Conducted in Churches or as a
Community Affair**

SUGGESTIVE TOPICS FOR DISCUSSION

1. THE BOY AND THE HOME.

(To be presented by father who has had experience in bringing up boys.)

Disciplining boy—spending money—religion in the home—attitude toward amusements—leisure time—get-together of father and son—home duties—sex and other personal problem talks—social activities—girl friends and other home problems.

2. THE BOY AND THE CHURCH.

(To be presented by some pastor who has been successful with boys.)

Boys' place in the church—giving boys responsibility—church organizations—boys' clubs—father and son activities—attractive program for boys—boys joining church and other church problems.

3. THE BOY AND THE SCHOOL.

(To be presented by a school man who knows boys.)

Need of education—courses of study—helping boys to choose lifework—athletics—school organizations—boys' relationship with girls—parents' co-operation—vocation and other school problems.

4. THE BOY AND THE COMMUNITY.

(To be presented by some live business man, mayor or chamber of commerce president or man who knows local conditions.)

Good citizenship—recreation centers—industrial problems—city-wide leadership for boys' organizations—need of knowing the community where boys spend their leisure time—co-operation of all existing agencies—community agencies in which fathers and sons can serve, a general program in reaching the boys of the community—juvenile delinquency and other community problems.

**The greatest profession in the world is that of
being a father.**

A FEW SELECTED BOOKS FOR FATHERS

Your library or bookstore can supply you—if not, write Association Press, 347 Madison Avenue, New York City.

"Biology."—Gibson.

"Boy Problem in the House."—Forbush.

"Training the Boy."—McKeever.

"Boy Behavior."—Burger.

"Boy Life and Self-Government."—Fiske.

"Studies in Adolescence."—Burr.

"Adventures of a Prodigal Father."—Cheley.

"Future of Us Boys."—Babson.

"The Boy and the Church."—Foster.

"From Youth Into Manhood."—Hall.

"Keeping in Condition."—Moore.

"The Quest of the Best."—Hyde.

"When You Were a Boy."—Sabin.

"Trail a Boy Travels."—McGowan.

"Camps and Outing Activities."—Cheley and Baker.

Christian Citizenship Training Program Books:

"Comrades Leaders' Manual."—Association Press.

"Pioneers Leaders' Manual."—Association Press.

MONTHLY PUBLICATION

"American Youth."—Association Press.

A BOY'S PRAYER

Give me clean hands, clean words, and clean thoughts; help me to stand for the hard right against the easy wrong; save me from habits that harm; teach me to work as hard and play as fair in Thy sight alone as if all the world saw; forgive me when I am unkind, and help me to forgive those who are unkind to me; keep me ready to help others at some cost to myself; send me chances to do a little good every day, and so grow more like Christ.

Wm. DeWitt Hyde.

What will it profit a community if it gains the whole world and loses its own boys?

A FEW SELECTED BOOKS FOR BOYS

Your library or bookstore can supply you—if not, write Association Press, 347 Madison Avenue, New York City.

- "Man Without a Country."—Hale.
- "Treasure Island."—Stevenson.
- "Rolf in the Woods."—Seton.
- "Boy's Life of Lincoln."—Nicolay.
- "Men of Iron."—Pyle.
- "Boy's Life of Theodore Roosevelt."—Hagedorn.
- "Adrift on an Ice Pan."—Grenfell.
- "Livingston, the Pathfinder."—Matthews.
- "Told by the Camp Fire."—Cheley.
- "The Making of an American."—Riis.
- "The Youth and the Nation."—Moore.
- "Keeping in Condition."—Moore.
- "From Youth Into Manhood."—Hall.
- "Making Life Count."—Foster.
- "Occupations."—Gowin and Wheatley.
- "Servants of the King."—Speer.
- "Comrades in Service."—Burton.
- "You Are the Hope of the World."—Hagedorn.
- "Second Mile."—Fosdick.
- "Poems of Action."—Porter.
- "Pushing to the Front."—Marden.
- "Through College on Nothing a Year."—Gauss.
- "At Home in the Water."—Corsan.
- "American Boys' Handy Book."—Beard.
- "The Boy Collector's Handbook."—Verrill.
- "Handbook for Boys."—Boy Scouts of America.

Christian Citizenship Training Program Books—

- "Handbook for Pioneers."—Association Press.
- "Handbook for Comrades."—Association Press.

MONTHLY PUBLICATIONS

- "American Boy."—Sprague Publishing Co., Detroit.
- "Boy's Life."—Boy Scouts of America, New York City.
- "Popular Mechanics."—Chicago.
- "Youths' Companion."—Boston.
- "St. Nicholas."—New York City.

A noble character is a father's best gift to his son.

CONSERVATION

It is always important that wherever Father and Son affairs are conducted that the results be conserved and followed up. Many a father and son has been introduced for the first time to the necessity of joining the church at a Father and Son get-together. Many a father has taken a keener interest in his son because of the general publicity of the Father and Son idea. Plan to make the most of this opportunity by some method of careful follow-up. The following may be suggestive:

1. Have frequent Father and Son events.
2. Keep a careful record of those present at Father and Son gatherings, and forward a personal letter of appreciation.
3. Organizations for various church and community activities.
4. Special effort to get fathers and sons to join the church through meetings, personal interviews, etc.
5. Organize a fathers' club to discuss matters of importance relating to their boys.
6. Introduce a program for boys, to meet the all-around needs of the boys in the community.
7. Arrange contests in athletics, membership, Sunday School attendance, raising of finances, etc., between the fathers and sons.
8. Father and Son Clubs can well be organized.
9. Secure right leadership for boys groups.
10. Get local library to have on file a selected list of books for boys and workers with boys.

The logical Big Brother for any boy is that boy's own father.

HIS HEART'S DESIRE

(The Father)

Our Father:

I want to thank you for our happy home. I want to thank you for the love which dwells within it. I want to thank you for all the children which have blessed it. They are our pride and anxiety and joy. I want to thank you for the blessed mother who brings us comfort and charm and good cheer. I want to thank you, on this Father and Son Day, for every son you have given to us. I want to be such a father as my son's heart hungers for and to be his ideal as a man and companion. I want to build a Character which will charm his mind and delight his heart and I want to win his pride and his confidence and his love.

Oh Lord:

Though I may fail in all other things, grant to me this one prayer: That I may father my son with wisdom and inspire him with lofty ideals and delight him with a noble Character and walk with him closer than a brother upon the King's Highway toward the City of God, until he shall learn to be a charming companion to his friends, a loyal patriot to his country, a gentleman in conduct and a Christian in Character.

My Father:

This is my heart's desire. Allow me this one boon and I shall be satisfied, for if I shall fail as a father, I shall have failed in all other things, also.

HIS HEART'S DESIRE

(The Son)

Our Father:

I want to thank you for my happy home. I want to thank you for the love which surrounds me there. I want to thank you for my brothers and sisters. I want to thank you for the wonderful mother who mothers us all with love and sacrifice. And on this Father and Son Day I want to thank you for my father who robs himself of leisure and rest, that we may have greater opportunities in life. I want to fill his life with good cheer and become such a son as his soul hungers for. I want to build a Character which will charm his mind and delight his heart. I want to win his pride and his confidence and his love.

Oh Lord:

Though I may fail in all other things, grant to me this one prayer: That I may learn wisdom from my father's life; that I may find inspiration in his lofty ideals; that I may build a Character which will bring him joy and that I may walk with him closer than a brother upon the King's Highway toward the City of God, until I shall become a charming companion to my friends, a loyal patriot to my country, a gentleman in conduct and a Christian in Character.

My Father:

This is my heart's desire: To become such a man as my father and to honor the life and the name which he has given me. Allow me this one boon and I shall be satisfied, for if I fail as a son, I shall have failed in all other things, also.

HELPING YOUR BOY KEEP FIT

*By Rupert Blue, Surgeon General, United States
Public Health Service.*

The body of your son is a wonderful and beautiful organism. It is a marvelous machine, superior to all the inventions of men. It is the ambition of your son to keep this body of his in fine physical condition—fit for athletics, for study, or any task a young man may be called upon to perform. Your boy is eager to develop strong muscles, endurance, energy, courage and self-control. He has a few hazy, unorganized ideas regarding the achievement of this ideal of physical fitness, but he can not develop his body into the efficient machine you are ambitious for him to have unless you help him.

There are five essentials that you and he together must provide. The first is wise exercise. Hiking, baseball, canoeing and skating in the open air are among the most beneficial exercises. Swimming is an excellent exercise when taken moderately. Systematic indoor exercise provided by various athletic associations is almost necessary in crowded cities. As a father you should not only make exercise available to your boy, you should also show interest in his sports, and, when possible, participate with him in hikes into the country, camping trips and other recreative exercise. If possible, provide him with a simple shower bath. Show him how stimulating is a cold shower with a vigorous rub-down afterward.

Fresh air is the second essential. Your boy should live out-of-doors as much as possible. Encourage him to sleep with the windows of his room open, and, if possible, provide him with a sleeping porch.

In providing the third essential, sufficient sleep, he will especially need your assistance. Eight and one-half to nine and one-half hours are necessary. If he understands that an hour extra sleep at night may turn the scales in an emergency—at the finish of the race, for instance, when victory is a matter of a few feet or inches—he will realize the importance of sufficient sleep.

You are, of course, providing the fourth essential, wholesome

food. Your growing boy needs large quantities of it. Your chief task will be to see that he eats it properly. If mealtimes are made happy times, if it is the custom of the family to eat leisurely and cheerfully, he will acquire that great blessing of good digestion. It is, of course, of first importance for your boy to have at least one regular time each day for the elimination of waste products. Constipation acquired in youth may result in general ill health in later years. It is your responsibility to see that such a condition does not develop.

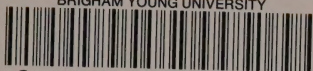
The last essential is a knowledge of the simple facts of sex. Your boy has a right to an understanding of the relation of sex to physical vigor so that he may keep his body clean. He should be informed in advance of the experiences which come to all boys at fourteen to seventeen years of age, and he should fully realize the terrible effects upon his future wife and children of those diseases which result from the prostitution of his body. Talk with him frankly. Give him books and the free pamphlets which are now being issued by State Boards of Health and the United States Public Health Service.

These, then, are the essentials for your boy, if you would have him keep fit: wise exercise, sufficient sleep, an abundance of fresh air, wholesome food and clean living. Let him check himself by this program regularly each month. When weaknesses are discovered, correct them promptly. Let him know the joy of breathing the fresh morning air, the splash of cold water on his body, the taste of simple food, and the joy of action and of conscious strength.

The above can be used to good effect in local publicity or in talks to fathers.

Could we but in vision see
Ourselves the boys and men God meant,
We truly never more would be
The men and boys we are—content.

BRIGHAM YOUNG UNIVERSITY



3 1197 21294 4737

